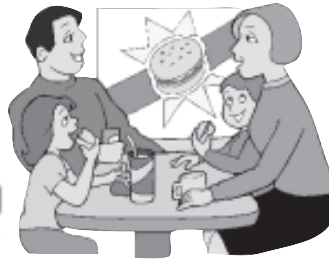


# Tips for Eating Out



*You can eat out and eat healthy, too. Many restaurants offer plenty of options low in fat, cholesterol, and sodium. Here are a few tips on how to make the most of your dining-out experience.*

## Starters & Drinks

- ◆ Order salad dressings and other sauces on the side. This way you have control over how much or how little you add.
- ◆ When choosing a soup, keep in mind that cream-based soups are higher in fat and calories. Soup can be a great appetizer as well as a meal.
- ◆ Share an appetizer (half the food equals half the calories).
- ◆ Plain bread or rolls are relatively low in fat & calories. It's the butter and oil you add that increases the fat & calories.
- ◆ Drink water, diet soda, skim milk, or unsweetened tea or coffee instead of regular soda or alcoholic beverages. This will save a lot of calories.



## Main Meal & Side Dishes

- ◆ Order sandwiches with mustard rather than mayonnaise or "special sauce." Mustard adds flavor with almost no calories.
- ◆ When ordering pasta dishes, look for tomato based sauces rather than cream-based sauces. Tomato-based are much lower in fat and calories. The tomato sauce can also count towards a vegetable serving!



- ◆ Look for items on the menu that are *baked, grilled, broiled, poached, or steamed*.
- ◆ Choose foods made with whole grains. Examples include whole-wheat bread and dishes made with brown rice.
- ◆ Choose meals with fruits and vegetables as the key ingredients.
- ◆ If you have a choice of side dishes, opt for baked potato or steamed vegetables rather than French fries. Even if choices are not listed, ask your server to substitute vegetables or a baked potato.



## Desserts



- ◆ Share a dessert with a friend.
- ◆ If you are craving dessert, opt for something low-fat, like sorbet, fresh berries, or other fruit.

## Tips for reducing fat, cholesterol & sodium

- ◆ Limit foods that are fried, basted, braised, crispy, pan fried, sautéed, or stuffed. They are high in fat. If you are not sure about a certain dish, ask your server how it's prepared.
- ◆ High-sodium foods include those that are pickled, in cocktail sauce, smoked, in broth or au jus, or in soy or teriyaki sauce.

## Other

- ◆ Don't hesitate to take leftovers home. Eat one half of your meal and take the other half home. The half you take home can serve as a second meal!
- ◆ Stop eating when you are comfortable. Listen to the cues your body gives you.



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